

BEACON

MENTAL HEALTH

Prevention Programs Guide

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BEACON
MENTAL HEALTH



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For more information or questions about any of these programs, please contact the Beacon Mental Health Prevention staff at prevention@beaconmh.org. To receive training announcements, new program offerings, updates, and event notices, join the [Beacon Prevention Resource Center Mailing list](#).

Updated January 2026



Beacon Mental Health is the Prevention Resource Center (PRC) serving Clay, Platte and Ray Counties in Missouri. Through an incredible network of engaged partners, diversified funding, and certified prevention staff, we are able to facilitate and provide the following adult- and youth-focused programs:

Community-Based Programs & Services

Our Coalition Network



Local Prevention Coalitions

Fourteen prevention coalitions exist across the Northland, covering every community in Clay, Platte, and Ray Counties. Each of these groups are open to new members and involvement is encouraged from parents, schools, businesses, law enforcement, health agencies, youth, community leaders, and religious institutions. Beacon's prevention staff provides technical assistance to ensure that coalitions are equipped with knowledge and resources to be effective.

- [Find your local coalition](#) or visit [NorthlandCoalition.com](#)

Northland Coalition

Through community involvement, leadership, and the sharing of resources, the Northland Coalition gathers diverse stakeholders to promote and encourage the positive, healthy, and safe lifestyle decisions of our youth throughout Clay, Platte and Ray Counties at a regional level.

- Website: [NorthlandCoalition.com](#)
- Facebook: [Facebook.com/NorthlandCoalition](#)
- Join the Northland Coalition mailing list:
<https://tinyurl.com/NorthlandCoalitionNewsletter>



Northland Coalition

Trainings, Conferences & Professional Development for Adults



YOUTH
MENTAL
HEALTH
FIRST AID®

Northland Prevention Conference

At this exciting one-day conference, hosted annually in February/March, coalition members and concerned adults in our communities gain tools, resources, and knowledge that fuel effective prevention efforts across the Northland.

- Join the PRC mailing list to stay up-to-date on upcoming events:
<https://tinyurl.com/BeaconPRCNewsletter>

Youth Mental Health First Aid

YMHFA teaches non-clinicians how to identify, understand, and respond to signs of mental illness and substance use disorders in youth. The 6-hour training gives these adults the skills they need to reach out and provide initial support to youth ages 6 to 18 and help connect them to appropriate care. Trainings are hosted throughout the year, or private trainings for groups of 15 or more are available by request.

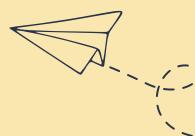
- [Youth Mental Health First Aid Flyer](#)
- Contact prevention@beaconmh.org to schedule a training for your agency



Professional Development and Training

Beacon Prevention Specialists cater presentations and education to your adult audience on various topics related to preventing youth substance use or suicide, building resilience (protective) factors, and promoting youth mental wellness.

- [View our list of most requested presentations](#)
- Contact prevention@beaconmh.org for questions or to schedule a training for your agency



Community-Based Programs & Services



Ongoing Programs & Campaigns Targeting Adults



Parent Up

Parent Up is a program coordinated by Beacon Mental Health and Northland prevention coalitions to empower and equip KC Northland parents to care, connect, communicate, and pay careful attention to their child in order to prevent youth substance use.

- Website: ParentUpKC.com
- Facebook: Facebook.com/ParentUp
- Instagram: @ParentUpKC
- [Parent Up Flyer](#)
- For print and media materials, email prevention@beaconmh.org



Roots Of Resilience

Roots Of Resilience works to educate the adult community about the impact of protective factors that combat toxic stress and its link to substance use. Through a messaging campaign, training, and small group study, our coalitions use Roots Of Resilience to mobilize adults to build resilience in all youth and buffer the impact of toxic stress through the themes of making connections, modeling and teaching self-care, and challenging growth.

- Website: ParentUpKC.com/Resilience
- Facebook: Facebook.com/ParentUp
- [Roots Of Resilience Flyer](#)



Meaningful Meals

Kids who have meals with their family on a regular basis are less likely to engage in risky behaviors, including substance use. The Meaningful Meals campaign resources help spread this hopeful message and build the feasibility for families to have more meaningful meals. Presentation and informational materials include postcards, handouts, conversation cards, and an Unplugged Box activity.

- Website: ParentUpKC.com/meaningful-meals
- [Meaningful Meals Campaign Flyer](#)
- Facebook: Facebook.com/ParentUp
- Contact prevention@beaconmh.org for print and media materials



Handle With Care

The Northland Handle with Care initiative improves communication between first responders and schools in Clay, Platte, and Ray Counties. First responders provide alerts to specific school district personnel when a child is present at a traumatic event so schools can better buffer and support students.

- [Handle With Care Overview Flyer](#)
- Contact prevention@beaconmh.org for more information



Responsible Retailer Merchant Training and Surveying

Local alcohol and tobacco retailers play an important role in reducing youth access to age-restricted products. Beacon Prevention staff work to increase collaboration, training, and age-checking resources and signage for local retailers so they can be a line of defense for our youth.

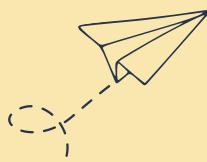
- Contact prevention@beaconmh.org for more information or materials



Prevention Technical Assistance

Whether you need additional resources to address vaping in your school, or want to effectively implement suicide prevention, Beacon's Prevention Specialists are available to provide technical assistance to help you address local concerns.

- Contact prevention@beaconmh.org with a description of your issue or needs





Youth-Focused Programs & Services

Youth Coalition



Youth With Vision

Youth With Vision (Y WV) is a student-led organization made up of 8th-12th graders from 14 different school districts in Clay, Platte, and Ray Counties. Y WV members work with numerous community partners to ensure that their programs and peer-focused prevention messages are available to all parts of Clay, Platte, and Ray County. Y WV also advocates at the state and local level for policies and laws that protect the health and safety of our youth.

- Website: YouthWithVisionKC.org
- Facebook: Facebook.com/YouthWithVisionKC
- Instagram: @YouthWithVision
- [Youth With Vision Flyer](#)

Campaigns & Ongoing Programs



Grow Strong KC

Grow Strong KC is Beacon's life resource for teens that includes articles, tools, and information to help prevent youth substance use and improve their mental wellness.

- Website: GrowStrongKC.com
- Instagram: @GrowStrongKC
- Snapchat: @GrowStrongKC
- Tiktok: @GrowStrongKC
- [Grow Strong KC Flyer](#)



Encourage Hope & Help

Encourage Hope & Help is Beacon's suicide prevention resource for youth (ages 10-24), parents, educators, the LGBTQIA+ community, attempt survivors, loss survivors, veterans, and community members in the Kansas City area. Through presentation, information dissemination, and skill-building, we aim to prevent teen suicide.

- Website: EncourageHopeandHelp.com
- Instagram: @EncourageHopeandHelp
- Facebook: Facebook.com/EncourageHopeandHelp
- X: @EncgHopeHelp
- [Encourage Hope & Help Flyer](#)



How Full Is Your Cup?

A student-to-student campaign for middle and high school students focusing on the effects of stress and the positive impact of healthy coping skills. Youth are encouraged to talk about and seek help from trusted adults for their stressors and build skills and knowledge to better care for themselves.

- [How Full Is Your Cup? Campaign Flyer](#)
- [How Full Is Your Cup? Campaign webpage](#)



My Life, My Quit (Missouri)

For nicotine cessation, Beacon helps promote [My Life, My Quit Missouri](http://MyLifeMyQuitMissouri.org) where live cessation coaches are available by phone or text. To get started, youth can text 'Start My Quit' to 36072 or sign up at MO.MyLifeMyQuit.org.



Breathe Easier

Breathe Easier is a middle-school poster campaign focused on vaping that helps create organic conversations based around facts such as the chemicals in vapes, their effect on the environment, and the mental health effects of vaping, while empowering youth who do vape to quit with a cessation program.

- [Breathe Easier Flyer](#)
- Contact prevention@beaconmh.org for questions



Other Youth-Focused Information Campaigns and PSAs

Multiple education campaigns geared at reducing underage drinking, nicotine use, marijuana use, prescription drug misuse, and improving mental wellness are promoted to youth throughout the three-county area during the year. The goal of the campaigns is to educate teens about these important topics and encourage action or change in behavior. Throughout the campaigns the community is saturated with messages on billboards, radio/online music streaming, social media, banners, and more.

- Contact prevention@beaconmh.org to inquire about campaigns/PSAs for specific topics



Youth-Focused Programs & Services



School-Based Curriculum & Programs



Signs Of Suicide (SOS)

Signs of Suicide is an evidence-based, school suicide prevention program that teaches students to recognize the signs of suicide and depression in themselves and others, and the specific actions needed to respond to those signs. Beacon Mental Health provides resources, staff training, and support for this program.

- Website: <https://tinyurl.com/MoreInfoSOS>
- Contact prevention@beaconmh.org for questions or to learn more



CATCH My Breath

CATCH My Breath is a free evidence-based youth vaping prevention program offered through Beacon Mental Health. The program is designed for grades 5 -12 and consists of four lessons, each 30-40 minutes long. It's easy to implement, includes parent resources, and supplemental lessons to better adapt prevention to a multitude of classroom styles.

- [CATCH My Breath Flyer](#)
- Contact prevention@beaconmh.org to learn more



Hope Squad

Hope Squad is an evidence-based peer-to-peer suicide prevention program. Hope Squad members are nominated by their classmates as trustworthy peers and trained by advisors. The program reduces youth suicide through education, training, and peer intervention. Beacon provides resources and support for school districts implementing Hope Squad.

- [Hope Squad Flyer](#)
- Website: HopeSquad.com
- Instagram: [@HopeSquad_KC](#)
- Contact prevention@beaconmh.org for questions or to learn more



Curriculum & Education For Youth

Beacon Mental Health Prevention Specialists provide guidance and support to schools and others on implementing evidence-informed substance use prevention education and mental health promotion curriculum with youth from kindergarten to 12th grade.

- [Classroom Prevention Programs Flyer](#)
- To inquire about a presentation to youth in your area, email prevention@beaconmh.org
- To schedule a presentation, please visit <https://calendly.com/rebeccak-fp0>



PreVenture

PreVenture is an evidence-based prevention program that uses brief, personality-focused interventions to promote mental health and delay substance use among youth. The program aims to equip youth with self-efficacy and cognitive behavioral skills to help them cope with the numerous developmental challenges that many adolescents face.

- To see if PreVenture works for your school, please contact prevention@beaconmh.org

Training for Youth

middle school &
high school
northland
youth leadership
summit

Middle School & High School Northland Youth Leadership Summits (NYLS)

Each fall, these full-day conferences bring together area students to learn more about youth substance use and mental wellness, enrich their prevention leadership skills, and create strategic plans to implement their own prevention programs in their own schools and communities.

- Join our PRC mailing list for upcoming NYLS dates:
<https://tinyurl.com/BeaconPRCNewsletter>

